

AIR FORCE SCHOOL, BAMRAULI

Annual Split-Up of Syllabus

Academic Session 2025-26

Class: - XI

Subject: -Physical Education

Book Name:- V. K SHARMA (Saraswati Publication)

MONTH	CHAPTER/UNIT	TOPIC/SUBTOPIC	NO OF PERIODS	ACTIVITY
August	UNIT 1 Changing Trends & Career in Physical Education	1. Concept, Aims & Objectives of Physical Education 2. Development of Physical Education in India – Post Independence 3. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements 4. Career options in Physical Education 5. Khelo-India Program and Fit – India	15	<ul style="list-style-type: none">• Lecture-based instruction,• Technology-based learning,• Group learning,• Individual learning,• Inquiry-based learning,• Kinesthetic learning,

		Program		<ul style="list-style-type: none"> • Game-based learning <p>and</p> <ul style="list-style-type: none"> • Expeditionary learning.
August	UNIT 2 Olympic Value Education	<p>1. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect)</p> <p>2. Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind</p> <p>3. Ancient and Modern Olympics</p> <p>4. Olympics - Symbols, Motto, Flag, Oath, and Anthem</p> <p>5. Olympic Movement</p>	10	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning

		Structure - IOC, NOC, IFS, Other members		and • Expeditionary learning.
September	UNIT 3 Yoga	1. Meaning and importance of Yoga 2. Introduction to Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. 5. Active Lifestyle and stress management through Yoga	14	• Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning

				and • Expeditionary learning.
September	UNIT 4 Physical Education & Sports for CWSN	<p>1. Concept of Disability and Disorder</p> <p>2. Types of Disability, its causes & nature (Intellectual disability, Physical disability).</p> <p>3. Disability Etiquette</p> <p>4. Aim and objectives of Adaptive Physical Education.</p> <p>5. Role of various professionals for children with special needs (Counselor, Occupational Therapist, Physiotherapist, Physical Education Teacher, Speech Therapist, and Special</p>	13	<p>• Lecture-based instruction,</p> <p>• Technology-based learning,</p> <p>• Group learning,</p> <p>• Individual learning,</p> <p>• Inquiry-based learning,</p> <p>• Kinesthetic learning,</p> <p>• Game-based learning</p> <p>and</p>

		Educator)		<ul style="list-style-type: none"> • Expeditionary learning.
October	UNIT 5 Physical Fitness, Wellness	1. Meaning & importance of Wellness, Health, and Physical Fitness. 2. Components/Dimensions of Wellness Health, and Physical Fitness 3. Traditional Sports & Regional Games for promoting wellness 4. Leadership through Physical Activity and Sports 5. Introduction to First Aid – PRICE	10	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and

				<ul style="list-style-type: none"> • Expeditionary learning.
October	UNIT 6 Test, Measurements & Evaluation	1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy & Ectomorphy) 5. Measurements of health-related fitness	15	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and <ul style="list-style-type: none"> • Expeditionary learning.

November	UNIT 7 Fundamentals of Anatomy and Physiology in Sports	<p>1. Definition and importance of Anatomy and Physiology in Exercise and Sports.</p> <p>2. Functions of Skeletal System, Classification of Bones, and Types of Joints.</p> <p>3. Properties and Functions of Muscles.</p> <p>4. Structure and Functions of Circulatory System and Heart.</p> <p>5. Structure and Functions of Respiratory System.</p>	15	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning <p>and</p> <ul style="list-style-type: none"> • Expeditionary learning.
November	UNIT 8	1. Definition and	15	<ul style="list-style-type: none"> • Lecture-based

	Fundamentals of Kinesiology and Biomechanics in Sports	<p>Importance of Kinesiology and Biomechanics in Sports.</p> <p>2. Principles of Biomechanics</p> <p>3. Kinetics and Kinematics in Sports</p> <p>4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation</p> <p>5. Axis and Planes – Concept and its application in body movements</p>		<p>instruction,</p> <ul style="list-style-type: none"> • Technology-based <p>learning,</p> <ul style="list-style-type: none"> • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning <p>and</p> <ul style="list-style-type: none"> • Expeditionary learning.
December	UNIT 9 Psychology and Sports	<p>1. Definition & Importance of Psychology in</p>	13	<ul style="list-style-type: none"> • Lecture-based

		<p>Physical Education & Sports;</p> <p>2. Developmental Characteristics at Different Stages of Development;</p> <p>3. Adolescent Problems & their Management;</p> <p>4. Team Cohesion and Sports;</p> <p>5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness</p>		<p>instruction,</p> <ul style="list-style-type: none"> • Technology-based <p>learning,</p> <ul style="list-style-type: none"> • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning <p>and</p> <ul style="list-style-type: none"> • Expeditionary learning.
December	UNIT 10 Training & Doping in Sports	1. Concept and Principles of Sports Training	14	<ul style="list-style-type: none"> • Lecture-based <p>instruction,</p>

		<p>2. Training Load: Over Load, Adaptation, and Recovery</p> <p>3. Warming-up & Limbering Down – Types, Method & Importance</p> <p>4. Concept of Skill, Technique, Tactics & Strategies</p> <p>5. Concept of Doping and its disadvantages</p>		<ul style="list-style-type: none"> • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning <p>and</p> <ul style="list-style-type: none"> • Expeditionary learning.
January	Practicle	Games and sports	28	<ul style="list-style-type: none"> • Lecture-based instruction,

				<ul style="list-style-type: none"> • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning <p>and</p> <ul style="list-style-type: none"> • Expeditionary learning.
February	Practicle	Games and sports	28	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based

				<p>learning,</p> <ul style="list-style-type: none">• Group learning,• Individual learning,• Inquiry-based learning,• Kinesthetic learning,• Game-based learning <p>and</p> <ul style="list-style-type: none">• Expeditionary learning.
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